

# Movies for Mental Health

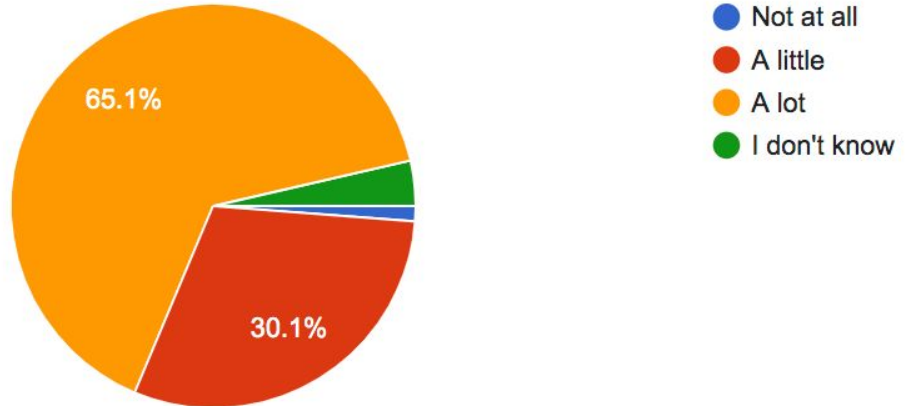
## Post-Workshop Evaluations

Mohawk College  
February 12, 2020

Number of attendees: 100  
Number of evaluations: 84

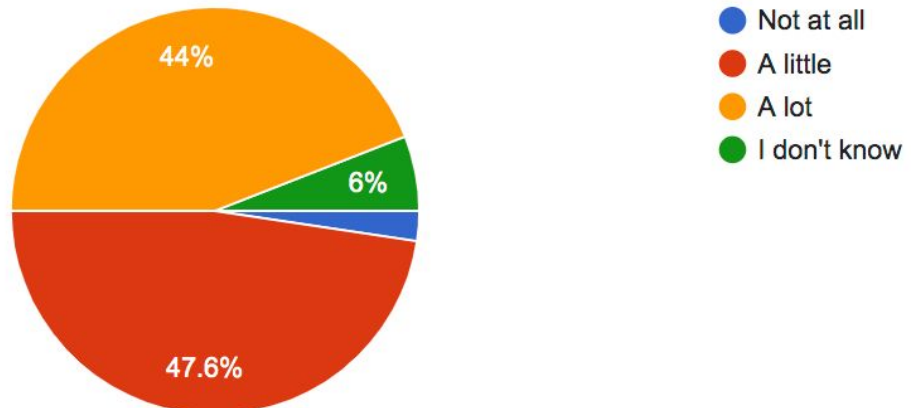
In your opinion, did this event create awareness of mental health issues?

83 responses



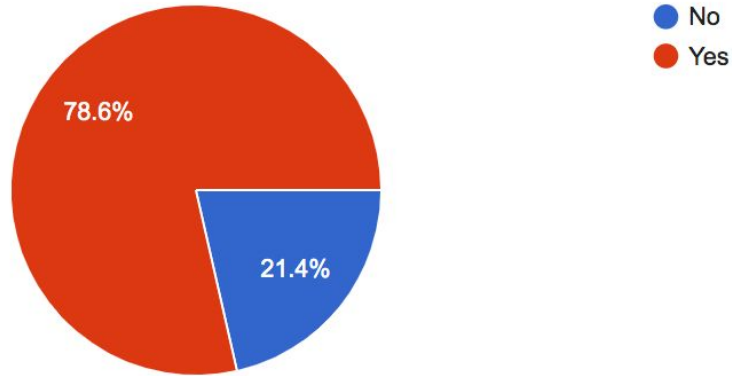
In your opinion, did this event reduce stigma related to mental illness?

84 responses



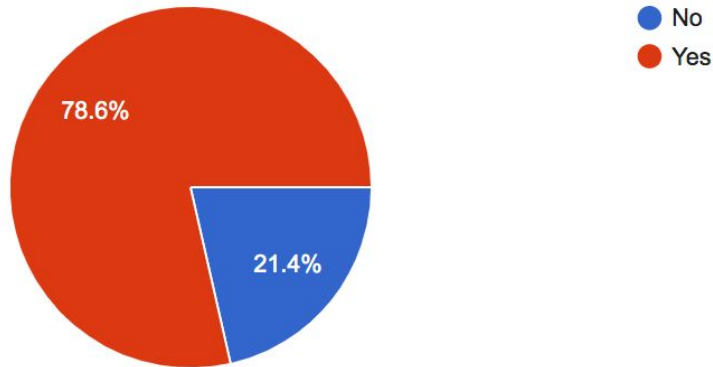
### Did you know about the community resources before this event?

84 responses



### Did you know about your school's counselling services before this event?

84 responses



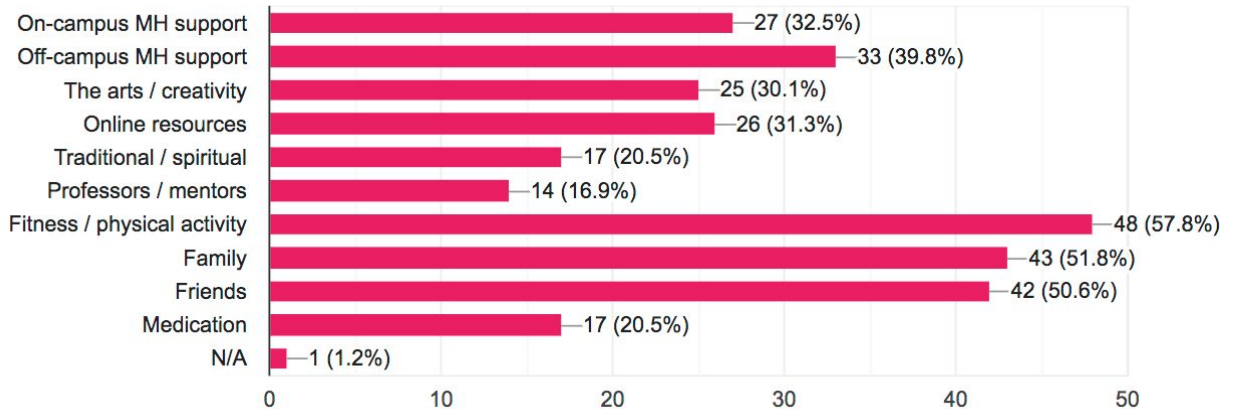
### After this event, are you more or less likely to seek support for your mental health?

82 responses



What type of mental health support do you think would be most useful to you?

83 responses



How did you hear about this event?

Friend	2.5%
Professor / class	93%
Email	2.5%
Online / Facebook	1.2%
I saw people going in	1.2%

What was your main takeaway?

(Highlights: see raw data for full list)

- A lot, hard to explain
- Alternative experiences
- Anyone may be dealing with something you can't see
- Art helps
- Artful representations of mental health experiences are effective for awareness
- Be open to conversations about mental health
- Different perspectives on mental health
- Discussion of accurate information is important
- Educating others can help reduce stigma
- Everyone experiences mental illness differently
- Everyone needs to be aware of their MH and wellness
- Films and services
- Get help when you are struggling with mental health challenges
- Get help, don't wait
- How important it is to openly discuss mental health
- Importance of mental health awareness

- It is important to acknowledge everyone else's feeling and take MH seriously
- It is okay to ask for help, you are not alone
- Mental health awareness can be done artificially for public consumption
- Mental Health comes in different forms
- Mental health is a lot more intense than I considered it to be
- Mental Health is a serious and growing issue, more education needed for public
- Mental Health is important for everyone (2)
- Mental health is real and needs to be addressed by everyone
- Mental health is specific to a personal experience
- Mental Health looks different for different people
- Mental health needs to be talked about
- Mental Illness is not always visible
- Mental illness is still an issue at hand
- Mental illness is unique for everyone
- MH dialogues will resonate with different people in different ways. It is important to provide messaging that relates to different people.
- MH is getting more awareness
- Most people want to get help but stigma and other things prevent them
- Movements make waves, keep up the great job!
- Need to open up discussion about MH
- People have opinions and will express personal experiences when given the chance
- People know how to make impactful short films
- People need to be more educated about mental health
- Stigma is a severe issue
- Still so much stigma
- The conversation is needed and important
- The different perspectives of mental health disorder
- The films are powerful resources and should be more in social media or commercials
- The importance of talking about mental health and educating others
- The need for representation
- There is hope in all of our stories
- There needs to be a change in the approach, therapy or medication
- There needs to be more awareness surrounding MH
- Understanding how people with MH feel and the effectiveness of treatment
- Using creative outlets as a way to decrease stigma can be very powerful
- We have improved but need more work
- We need to continue the conversation around mental health
- You never know what people are going through

If you were telling a friend about this workshop, you would describe it as:

(Highlights: see raw data for full list)

- "Here, watch these"
- A beautiful experience where I gain knowledge
- A club for friendship interaction and discussion
- A good way to have an open conversation about mental health
- A great facilitation of discussion for mental health, hear how others respond to mental health.
- A personable way to learn about topics in mental health
- A way to express MH through art and discussion
- Amazing
- An informative session about mental health with great discussion

- An opportunity to discuss mental health using videos as a prompt
- An opportunity to have more awareness and open discussion
- Best suited for those with little to no education on the topic
- Brining awareness to mental health experiences that are diverse
- Conversational
- Creating Mental Health awarenesses
- Creative and different perspective
- Educational
- Enlightening and full of self-awareness
- Exciting to know such workshops are being held
- Eye opening and educational
- Eye-opening (2)
- Eye-opening, powerful
- Film seminar on mental health
- Fun and engaging
- Good introductory workshop about MH brings awareness
- Impactful- gives various ways to digest info-open discussion
- Important and powerful
- Informal, nice and open conversation in safe space
- Informational
- Informative
- Informative and important
- Informative and interactive
- Informative, interactive, emotional , impactful
- Insightful
- Interesting (2)
- Interesting film seminar about mental illness and stigma
- Interesting, a open space to discuss neutral health
- Kinda cool
- Meaningful and impactful
- More interactive than I originally thought
- Moving
- Overwhelming and learning experience
- Relatable Discussion
- Relaxed and Educational
- Stong
- Super interesting but slightly to personal from audience members
- The movies were very powerful
- Thought provoking
- Very Informative
- Wonderful experience
- Workshop for ending mental health stigma

## How might you use what you learned today?

(Highlights: see raw data for full list)

- Advocacy (3)
- Be more aware of mental wellness and are with others
- Be more aware of other people struggles
- Be more aware of who may be struggling, be less judgmental
- Be more mindful in how I approach mental health dialogue

- Be more open to individual experiences of MH
- Be more understanding
- Better understanding of specific diagnosis
- By judging less and being more open
- By supporting others who suffer from mental illness
- Continuing discussion
- Difference between stigma and stereotype
- Educate others
- Educating my peers
- For my future career
- Further educate friends + family (reduce stigma/ stereotypes)
- Give people a forum (safe), and they will share
- Go seek a councillor
- Help to reduce stigma
- How I approach people
- I'll be more sensitive towards mental health and illness
- Implementing personal health routines
- In my application of knowledge working with clients
- In my daily conversations and in school working towards MH advocate
- Informing other about stigma
- Learned about resources available in the Hamilton Community
- May use films as references
- Perspective
- Reach out if I need help
- Reflection and raising awareness to others
- Rethink my desire to NOT take my meds
- Share films with friends and families
- Share videos (2)
- Something to keep in mind when I am having mental health challenges
- Support family members
- Taking into consideration others experiences
- Talk to family and friends about the experience
- Tell friend, family and those struggling about the resources
- To fight stigma empower people
- To help educate others
- To not be scare to seek help of offer it
- Use it as a tool to support my self and peers
- When diagnosed with mental health or when suspecting it, get it checked

What are the biggest barriers to your mental wellness and/or receiving mental health support?

(Highlights: see raw data for full list)

- Accessibility and representation
- Accessibility and stigma
- Anxiety
- Being an advocate for myself
- Being aware of myself
- Compliance, hesitant to seek it out
- Constant stress

- Culture
- Efficient supports that provide effective help
- Expensive / Cost (4)
- Family obligations
- Family stigma and cost of services
- Feeling there is not enough time in the day- Prioritizing things above mental wellness
- Finance , stigma, vulnerable
- Finances
- Finances - I want to see a therapist but don't have benefits
- Finances, knowing where to get the right resources
- Financial, availability
- Finding the right person to talk too.
- I do seek support, but my own thoughts sometimes get in the way.
- Judgment and misunderstanding
- Lack availability, long wait times for gov funded help. Extremely expensive for other help.
- Lack of resources
- Lack of resources and stigma
- Less specified services that encompass multiple diagnosis
- Money
- My religions beliefs would give bias to a councillor
- Myself (3)
- No staff.... waitlisted.
- Not severe enough
- Over thinking
- People think because I seem like I have my life together, I am always okay.
- Proper support, positive experience - waitlists
- Stigma (4)
- Stigma and not wanting to interfere with daily life
- Stigma that exists about mental health
- Stigma, what times to get help
- Talking about it
- The expense
- The stigma surrounding mental health
- Time (3)
- Time and self sabotaging
- Time, money
- Too expensive
- Wait lists and cost
- Wait times

### How can we improve this event in the future?

- Add more films, the are great!
- Add SSW ECE and CYC programs
- Address the issue of cutting
- An anonymous webinar with a chat function
- Be more organized
- By doing it often
- Facilitate better discussions
- Food (3)
- Great event!

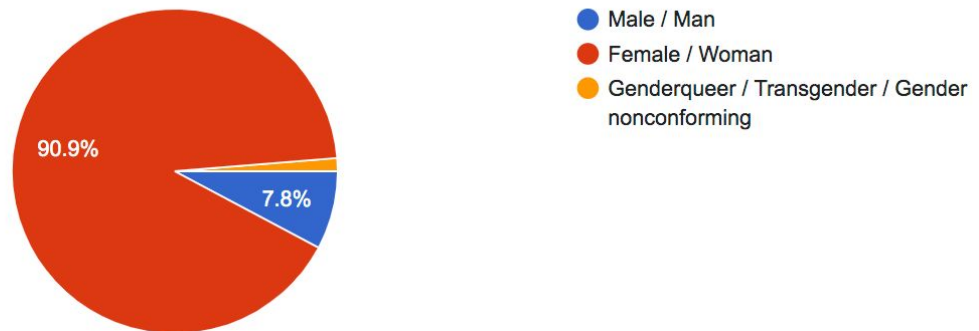
- Have more lived experiences
- Hire more counsellors
- I liked how it was
- Include more films
- Introducing myths, comparisons, facts and misconceptions about mental health
- Invite other organizations, to create a wellness fair post event.
- It was good
- Keep it up
- Less contribution from the audience
- Less focus on ensure notes were correct and on powerpoint, - took away from presentation (2)
- Longer videos
- Make it bigger, more people in the audience = lengthy discussion + multiple views
- Make it run smoother
- Mic's for the audience (3)
- Minimize same person sharing
- More active listening, create conversation based on audience feedback.
- More back and forth, rather than Q&A (2)
- More discussion (2)
- More engaging to responses from audience
- More focus on films, deeper discussion questions less note taking during discussion
- More interactive activities
- More people in the audience
- More speakers telling their stories
- More specific questions
- More time
- Not allowing a few people to dominate the conversation
- Nothing it was great
- Process responses more
- Provide pamphlets with resources and have panel members from organizations taking volunteers
- Repeat what the audience said for folks who didn't hear.
- Show more movies with different illness
- Shorten it
- Show more movies with various mental illness
- Streamline discussions
- Subtitles on all movies (2)
- The movie watching session could be longer
- To much time spent on responses, after 4-5, you lost me.
- Was well done!

Major	
Brain Disorder Management	<b>24</b>
MHDM	<b>38</b>
Criminology Mental Health + Disability, ECE, ED Support, Medical Science, MHDM / Psych, Plant Pathology, Pre-technology, Psych, SSW/MHDM	<b>1 each</b>



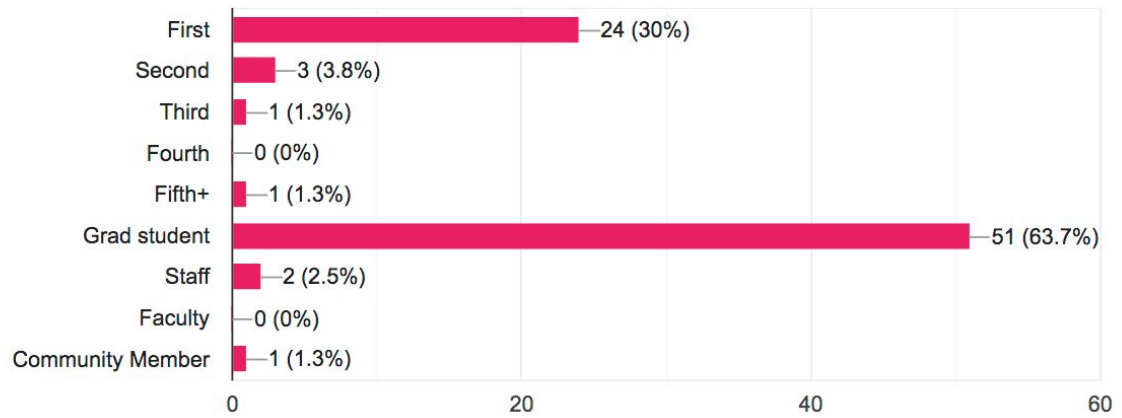
### Gender Identity

77 responses



### Year

80 responses



### Ethnicity

77 responses

